



CUSD C.A.R.E.S.

Connect ★ Act ★ Receive ★ Empower ★ Serve

Community Wellness Page



EMERGENCY CONTACTS

Crisis Line **602-222-9444** or
Text **HOME** to **741741**

Substance Abuse &
Mental Health Services
1-800-662-HELP (4357)

Teen Lifeline
(602) 248-8336

National Domestic Violence Hotline
1-800-799-7233 or
text **LOVEIS** to **22522**

*It's not about having all the answers,
it's about giving students time and
space to be heard.*

New School Year Conversation Starters:

There is no right or wrong way to feel about everything happening...

What are some of your thoughts/feelings about next school year?

The thing I'm most excited about...

The hardest thing I'm anticipating is...

At school, who is a peer or an adult you can reach out to?

How can I best support you?

We are committed to the following strategies to promote community wellness:

1. Connect with Students
Reengage, Restore, and Recover Relationships
2. Listen and Reflect
Opportunities for Voices to be Heard
3. Create Safe and Inclusive Culture
Provide Reassurance and Resources
4. Promote Physical, Mental, Social, and Emotional Well-Being
Education and Training for All Stakeholders
5. CUSD C.A.R.E.S. Support Team:
(QR code directs you to contact information)

Department of Counseling & Social Services

In connection with school, home, and community, counselors and social workers empower students' academic, career, and personal social-emotional development.

Department of Equity

Equity in education is a measure of access and opportunity. It does not mean the outcomes for all students are similar. In an equitable system, all students are provided with what they need to be successful in school, which serves as a springboard to success in college, career and life.

Department of Federal Programs

Federally funded programs intended to help ensure that all students meet state academic standards, increase parent engagement, community involvement and help provide support in the implementation of STEAM (Science, Technology, Engineering, Arts, and Math) education in high poverty schools.

Department of Student Services

We believe ALL students can learn! We offer support in the following areas: IDEA/Special Education, Section 504 accommodation plans, Gifted Education, Multi-tiered Systems of Support and Health Services. All means ALL!

Department of Safety

School safety requires a proactive, comprehensive and collaborative approach. Our mission is to provide a safe and secure environment for students, parents and staff.